



# Strength & Toning

**Mondays: 9:00am**

**At Moultonborough Recreation Dept.**

Use low impact body movements with resistance to create a long, lean physique and strength throughout the entire body.

Strength training benefits more than your muscles: Regular training reduces blood pressure, lowers LDL (bad) Cholesterol, improves the way the body processes sugar; which could reduce the risk of developing diabetes.

Instructor Rebecca Curvey will make your exercise fun and beneficial! She has 15 years of experience and is a Certified Personal Trainer, by the American Council on Exercise!

**\$12 per class**

**or**

**Save money by paying in advance: \$48 for 5 classes**

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